

When studying A-level Psychology, it is important that you not only attend all of your lessons and complete all of your homework, but that you are also doing independent study. We would recommend that you are spending at least 5 hours a week on your independent study. In order for this study to be of maximum benefit, it is important that you do a range of different activities; you should be doing some from each of the boxes below. In addition, if you would like to stretch yourself beyond the A-level Psychology curriculum then have a look in the super-curricular box for ideas.

Content

One important part of independent study is making sure you have learnt all of the content. Below are some suggestions of things you can do to help learn the content in Psychology A-level:

- ✓ Reading course textbooks and summarising what you've read
- ✓ Completing questions in the textbooks/workbooks
- ✓ Reading through class notes
- ✓ Making/remaking and colour-coding class notes
- ✓ Creating Quizlets/flashcards and testing yourself with them
- ✓ Creating your own exam questions and testing yourself on them
- ✓ Creating mind maps
- ✓ Creating summary sheets
- ✓ Getting someone else to test you (using your flashcards, class notes or the textbook)
- ✓ Using a revision wall to display your learning
- ✓ Completing past paper questions

Skills

Another important part of independent study is developing the skills to be able to succeed in the exams. Below are some suggestions to help you develop those skills:

- ✓ Writing exam answers under timed conditions
- ✓ Planning and writing out answers to exam questions. [Link to past papers and mark schemes: AS and A Level - Psychology - H167, H567 - OCR](#)
- ✓ Reading model answers
- ✓ Buying one of the recommended workbooks (listed in the Pre-entry Recommendations section of the Psychology Padlet: [CamSF transition/summer work: A-level Psychology \(padlet.com\)](#)) and completing the practice questions

Feedback

The final important part of independent study is getting and using feedback. Feedback allows you to understand what it is you need to do differently next time in order to improve. Below are some ideas about how you can obtain and use feedback:

- ✓ Reading through the feedback provided by your teacher about your work and acting on the feedback
- ✓ Marking your own work using a mark scheme
- ✓ Studying markschemes or examiner reports
- ✓ Comparing model answers against your own work
- ✓ Handing in extra exam work for marking
- ✓ One-to-one discussions with your teacher
- ✓ Working with other students in groups/pairs

Super-curricular

If you are considering studying Psychology at university, or are just really interested in the subject, then you could complete some super-curricular activities. These are things which go beyond what is covered in the curriculum and includes things such as watching relevant videos and reading relevant books.

For up-to-date ideas, look at the Psychology Padlet ([CamSF super-curricular: A-level Psychology \(padlet.com\)](#))